



## City of Newton, MA

# INVEST IN YOURSELF

September 2013 Health and wellness newsletter for employees

## SHOO THE FLU THIS FALL

### NEED YOUR BLOOD PRESSURE TAKEN? HAVE A MEDICATION QUESTION?

A nurse from our Health & Human Services Department is available for consultation. Just call ahead to make sure someone is in the office. Ext. 1420

### JOIN US FOR ZUMBA!



WHERE:  
CITY HALL WAR  
MEMORIAL

WHEN: SEPT. 19,  
26, OCT. 3, 10

WHAT TIME: 5:30 -  
6:30

\$10 FOR DROP IN,  
\$32 FOR THE FULL  
4 WEEK SESSION

PLEASE CALL EXT.  
1434 IF YOU'RE  
INTERESTED

Are you ready for flu season? We are! We have purchased flu vaccine for **city employees** and we will have it available at multiple sites this fall.

All school-based employees may be vaccinated during the student flu clinics from Oct. 1 through early November or at another employee clinic location. The school-based flu clinic schedule will be posted at [www.newtonma.gov/flu](http://www.newtonma.gov/flu) and announced at school later in September.

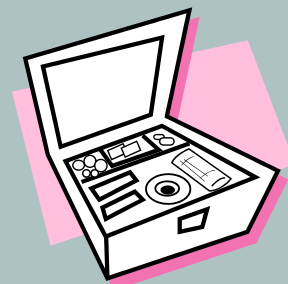
The flu vaccine is recommended for all people ages 6 months and up.

Elliot St. Utilities Building	Sept 23 Monday	2:30 p.m. to 4:30 p.m.
Parks and Recreation Newton Corner	Sept. 24 Tuesday	10 a.m. to 12 p.m.
Fire Headquarters	Sept. 24 Tuesday	2 p.m. to 4 p.m.
Police Department Community Room	Sept. 25 Wednesday	2:30 p.m. to 4:30 p.m.
Crafts St. Highway Building	Sept. 26 Thursday	2:30 p.m. to 4:30 p.m.
City Hall War Memorial	Oct. 7 Monday	3 p.m. to 5:00 p.m.

Additional information about the flu vaccine and a list of community clinics are available at [www.newtonma.gov/flu](http://www.newtonma.gov/flu). Questions may be directed to the Health Department at x1420.

## NATIONAL PREPAREDNESS MONTH LUNCH AND LEARN

Join us for another thrilling Lunch & Learn this September 19th from 12 p.m. to 1 p.m. in City Hall room 222 with Linda Walsh R.N., Aimee Sullivan, and Jenny O'Leary to talk about emergency preparedness.



Would you be ready to be in lockdown like those residents from the Boston Marathon Bombings? If you had to shelter in place for a long period of time, would you and your family have the supplies you need? Come and find out what you and your family need to stay healthy and safe during an emergency. Lunch will be included and we will be **raffling off a prize**, if you RSVP by Tuesday Sept. 17th to [wellness@newtonma.gov](mailto:wellness@newtonma.gov)

Questions? call ext. 1434



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# INVEST IN YOURSELF

September 2013

## PREPARE YOURSELF FOR THE COLD/FLU SEASON

We are coming into cold and flu season which means lots of things: more tissues, cough drops, and cold medicine. There are many ways to prepare yourself and your family, and it is never too early to start:

- Get a flu shot! See our community flu vaccine chart to find out when we are offering it. Other places to receive the flu vaccine are: your primary care doctor's office and local pharmacies.
- Handwashing: Washing hands is very important in



reducing the spread of illness in schools, work, and at home

- Stay home if you're sick! Your fellow coworkers will thank you for staying home when you feel sick, especially if you have a fever.
- Get plenty of rest— The right amount of sleep can help your immune system stay healthy.
- Eating nutritious foods may help your immune system fight off colds and other illnesses that go around during the winter.

## STRESS REDUCING TIPS

Stress is present in our work, school, and home environments. There are many things that induce stress in our lives, many of which we cannot control. Stress triggers reactions in your body that can over time damage vital systems. The good news is that you can reduce stress in your body by following these simple tips.

- Exercise: walking, running, kayaking, yoga, zumba, anything that you do to move around and increase your heart rate will help to reduce



your stress

- Find time for a hobby that you enjoy. Taking your mind off of things that are stressful can help you regroup.
- Take time to relax. Take a vacation, a day off, or just 10 minutes to remove yourself from stressors in your life
- Identify stress triggers: knowing what will cause you to become stressed is an important way to reduce overall stress.

## APPLE-ICIOUS OAT BARS

*What a great time of year for apples!!! Enjoy this tangy yummy delight for your whole family to kick off fall!*



### Ingredients

- 3/4 cup rolled oats
- 1/4 cup whole wheat flour
- 1/3 cup toasted almonds or pecans
- 1/2 cup light brown sugar
- 1/2 cup flour (crust)
- 1/2 tsp. ground cinnamon
- 1 pinch baking powder
- 3 tbsp. canola oil
- 4 granny smith apples
- 1/4 cup dried cranberries/raisins
- 2 tbsp. honey or maple syrup
- 3 tbsp. unsalted butter, melted

### Directions

1. Set the oven to 350 ° and in a small bowl, mix the oats, flour, nuts, baking powder, cinnamon, sugar, salt. Add the butter and oil and mix again until the topping is crumbly. Put half of the mixture on the bottom of the baking pan, save the rest of it in the bowl.
2. Put apples, cranberries, honey (or maple syrup), and 1/4 cup flour into a bowl and mix well. Put on top of the crust mixture and flatten the top with a spatula.
3. Top the apple mixture with the remaining crumbly topping mixture
4. Bake for 40-45 minutes and slice into bars.